



The Word

Mary Undoer of Knots,
Bless you today and
forever. Amen!

HOLY FATHER'S INTENTIONS FOR MAY

Christians in Africa: That Christians in Africa, in imitation of the Merciful Jesus, may give prophetic witness to reconciliation, justice, and peace.

Liturgical Reflections

The month of May is dedicated to The Blessed Virgin Mary. The entire month falls within the liturgical season of Easter.

"The month of May, with its profusion of blooms was adopted by the Church in the eighteenth century as a celebration of the flowering of Mary's maidenly spirituality. With its origins in Isaiah's prophecy of the Virgin birth, of the Messiah under the figure of the Blossoming Rod or Root of Jesse, the flower symbolism of Mary was extended by the Church Fathers, and in the liturgy, by applying to her the flower figures of the Sapiential Books-Canticles, Wisdom, Proverbs and Sirach.

"In the medieval period, the rose was adopted as the flower symbol of the Virgin Birth, as expressed in Dante's phrase, 'The Rose wherein the Divine Word was made flesh,' and depicted in the central rose windows of the great gothic cathedrals-from which came the Christmas carol, 'Lo, How a Rose 'ere Blooming.' Also, in the medieval period, when monasteries were the centers of horticultural and agricultural knowledge, and with the spread of the Franciscan love of nature, the actual flowers themselves, of the fields, waysides and gardens, came to be seen as symbols of Mary..." – John S. Stokes

OUR LADY OF FATIMA

A hundred years ago, on the 13th day of every month from May through October of 1917, the Blessed Virgin Mary appeared to three children near Fatima in Portugal, bringing them an urgent message, calling for repentance and prayer, a message that has no less urgency today. Pope Benedict XVI described Our Lady of Fatima as "*the Teacher who introduced the little seers to a deep knowledge of the Love of the Blessed Trinity and led them to savor God Himself as the most beautiful reality of human existence*" (May 13, 2010). In a century when atheistic totalitarian regimes would bring the horrors of genocide to hundreds of millions of people, and when equal numbers of innocent children in the womb would die through legalized abortion, this "deep knowledge of the Blessed Trinity" was and continues to be badly needed in our world.

Among all the Church-approved Marian apparitions, Our Lady of Fatima is one of the most popular, especially among the Successors of St. Peter. On May 13, 1946, Pope Pius XII crowned the original statue of Our Lady of Fatima as "Queen of the world." Blessed Pope Paul VI visited the Fatima Shrine on the 50th Anniversary, May 13, 1967. Both St. John Paul II and Pope Benedict XVI made pilgrimages there; and Pope Francis will do the same to celebrate the centenary of the first apparition. The Holy Father also will be canonizing the two youngest visionaries, Francisco and his sister Jacinta.

The devotion of St. John Paul II to Our Lady of Fatima was particularly profound. When a would-be assassin tried to take his life on May 13, 1981, the pope attributed his survival to her miraculous intervention. Therefore, as an expression of his filial gratitude, he went to Fatima a year after the assassination attempt and presented to Mary the bullet intended to kill him but which proved unsuccessful because of Divine Providence. That bullet today is part of the crown of Our Lady's statue in Fatima.



OUR LADY OF FATIMA continued

The world, then, has been under attack by Satan, from the time of the first sin of Adam and Eve down to the present day. As Jesus was beginning His public ministry, Satan tempted Him repeatedly but was unable to prevail; and the Evil One has continued His assault on the Church in every age. But we are not without hope. By His Cross and Resurrection, Jesus has decisively won the victory over Satan; and He continues to be with us, assuring us of victory, until the end of time. One of the primary ways that Christ comes to our aid is through the intercession and messages of His Beloved Mother. This is why we pray with confidence to Mary in the "Memorare": "... *never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession was left unaided.*"

The Most Rev. Thomas J. Olmsted is the bishop of the Diocese of Phoenix.

According to legend, exactly 33 years (span of our Lord's life) to the day prior to the great Miracle of the Sun in Fatima, that is, on October 13, 1884, Pope Leo XIII had a remarkable vision. When the aged Pontiff had finished celebrating Mass in his private Vatican Chapel, attended by a few Cardinals and members of the Vatican staff, he suddenly stopped at the foot of the altar. He stood there for about 10 minutes, as if in a trance, his face ashen white. Then, going immediately from the Chapel to his office, he composed the prayer to St. Michael, with instructions it be said after all Low Masses everywhere. When asked what had happened, he explained that, as he was about to leave the foot of the altar, he suddenly heard voices – two voices, one kind and gentle, the other guttural and harsh. They seemed to come from near the tabernacle.

DATES TO REMEMBER

May 1st Feast of St. Joseph the Worker

May 6th MAY CROWNING after 8:30 MASS
PASTORAL CARE DEBRIEFING AT C T K
Carpool leaves the west side of the parking lot at 8:20.

May 20th THIRD WEEK MINISTRY ENRICHMENT
After 8:30 Mass / 9:15 a.m. in RM. 221

Special Thanks

Therese LeRoy and Louise Light facilitated our first ever "Grief Overview" presentation Friday April 28th. 5 people attended. God has once again blessed us with willing hearts and dedicated servants.

MINISTRY MUSINGS

Preventing Burnout Through Spiritual Self-Care An increasing number of people live lives that are stressed and burning out. Victor M. Parachin_ cont. from April

Restore laughter. The bible reminds us: "A cheerful heart is good medicine, but a crushed spirit dries up the bones" (Prv 17:22). Volunteers are usually busy people who sometimes live and work at a fast pace. Often there is little room for laughter and humor. From time to time, experience some comedy either via a movie, a television program or at a comedy club. Studies show that enjoying comedy is therapeutic.

Meditate. Scores of scientific studies demonstrate that even a few minutes of regular meditation is effective for easing anxieties and bringing peace of mind. "Meditation has a long history as a calming practice," says Andrew Newberg, M.D., associate professor of radiology and psychology at the University of Pennsylvania, Philadelphia. "But we now know that when you meditate, different parts of the brain actually turn on and off and your autonomic nervous system slows down, which short-circuits your stress response."

Recite affirmations. An affirmation is simply a mini-meditation done by reciting short, positive statements to yourself. These can be repeated quickly whenever you feel anxiety and stress coming on. Even though they are brief, they have an immediate impact on the mind. Your every thought, word and action causes a related chemical reaction, so if you train your mind to relax, your body learns to respond immediately." Some effective affirmations to use throughout your day include: I am calm. I am peaceful. I am capable. I am filled with joy. I am grateful. My cup runneth over. This is the day God has made — I will rejoice in it and be glad.

**MORNING IS GOD'S WAY OF
SAYING ONE MORE TIME, GO MAKE
A DIFFERENCE, TOUCH A HEART,
ENCOURAGE A MIND, INSPIRE A
SOUL AND ENJOY THE DAY.**

UNKNOWN